

Flu Shot Clinics

Helena-Area State of Montana Employees/Retirees/Legislators

The State of Montana Healthy Employees Lifestyle Program is pleased to provide on-site flu shot clinics for employees, retirees, and legislators. Please mark your calendar and save the date for your flu shot! Flu shots will be \$20 this year, and the clinic is open to all over the age of 18. No appointment is necessary.

The flu shot is recommended for anyone who wants to reduce the likelihood of getting the flu, pregnant women, people age 50 and older, healthcare workers, or those in contact with adults/children at high risk for flu complications.

Date and Location	Time
<u>October 15</u>	
MDT Auditorium (across from Walmart)	10:30am - 2:00pm
Capital Rotunda	3:00pm - 5:00pm
<u>October 16</u>	
Capital Rotunda	8:00am-10:00am
Cogswell Building Rm. 205	11:00am-1:00pm
100 North Park (Downtown)	2:00pm - 4:00pm
<u>October 17</u>	
1) 2401 Colonial Drive (by the Red Lion)	8:00am - 10:00am
2) Cogswell Building Rm. 205	11:00am-1:00pm

For more information on clinic times or locations, please contact Kim Pullman, RD, LN, Wellness Coordinator, at kpullman@mt.gov or (406) 444-3809. For more information on flu shot safety, efficacy, or necessity, please contact your doctor.